

Food Service Suggestions for the Healthy Habits Challenge

These suggestions support the healthy habit of the specific week in each month.

September:

- Week 1: September 8-14—Offer raw vegetables three times this week
Some examples would be broccoli, lettuce, cauliflower, and cucumbers.

October:

- Week 1: September 29- October 5—Offer apples three times this week or offer a new variety of apple such as Cameo, Pink Lady, and Jonagold.
- Week 2: October 6-12—Offer a whole grain food three to four times this week
Some examples would be whole wheat bread or bun, whole wheat pasta, or brown rice
- Week 4: October 20-26—Offer a dish this week made with squash
Something made with pumpkins, zucchini, acorn squash, or spaghetti squash

November:

- Week 2: November 10-16—Offer a dish this week with fish
- Week 4: November 24-30—Offer a green fruit or vegetable three to four times
Some examples would green grapes, pears, cucumbers, broccoli, or lettuce

December:

- Week 3: December 15-21—Offer orange fruits or vegetables three to four times
Some examples would pumpkin, mandarin oranges, orange sweet peppers, tangerines or sweet oranges.

January:

- Week 2: January 12-18—Offer a dish with dried beans or peas this week
Some examples would be bean burrito, split pea soup, ham and bean soup, or chili.
- Week 4: January 26- February 1—Offer 2 servings of fruits or vegetables three to four times this week (1 serving = ½ cup)
Some good fruits and vegetables would be grapefruit, spinach, tangerines, sweet potatoes, pears, cabbage, cauliflower, or mandarin oranges.

February:

- Week 2: February 9-15—Offer vegetable soup once this week
- Week 3: February 16-22—Offer a bright colored fruits and vegetables twice this week
Some examples would include pears, sweet potatoes, or grapefruit, spinach

March:

- Week 1: March 2-8—Offer a red fruit or vegetable three times this week
Some examples would include radishes, apples, or sweet red pepper.
- Week 2: March 9-15—Offer a dish this week with fish or seafood
- Week 5: March 30- April 5—If breakfast is served offer low sugar cereal twice this week (low sugar cereals have less than 6 grams of sugar per serving)
Some examples are Chex, Cheerios, Special K, Rice Krispies, or Wheaties

April:

- Week 1: April 6-12---Offer or sell bottled water as a la carte item this week.

May:

- Week 1: May 4-10—Offer a whole grain food three to four times this week
Some examples are whole wheat pasta or macaroni, whole wheat bread, whole wheat tortilla, or whole grain breakfast cereal
- Week 3: May 18-24---Serve a sandwich containing a fruit or vegetable this week.
Some examples may include peanut butter and banana sandwich, vegetarian wrap, chicken salad with grapes, tuna salad with apples.